



# Mating in Captivity: Unlocking Erotic Intelligence

*By Esther Perel*

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## Mating in Captivity: Unlocking Erotic Intelligence By Esther Perel

A New York City therapist examines the paradoxical relationship between domesticity and sexual desire and explains what it takes to bring lust home.

One of the world's most respected voices on erotic intelligence, Esther Perel offers a bold, provocative new take on intimacy and sex. *Mating in Captivity* invites us to explore the paradoxical union of domesticity and sexual desire, and explains what it takes to bring lust home.

Drawing on more than twenty years of experience as a couples therapist, Perel examines the complexities of sustaining desire. Through case studies and lively discussion, Perel demonstrates how more exciting, playful, and even poetic sex is possible in long-term relationships. Wise, witty, and as revelatory as it is straightforward, *Mating in Captivity* is a sensational book that will transform the way you live and love.

## Mating in Captivity: Unlocking Erotic Intelligence Details

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From Publishers Weekly

Developed originally from an article she wrote on "erotic intelligence," psychotherapist Perel's first book sets forth a thesis for today's couples that is as revelatory as it is straightforward. Languishing desire in a relationship actually results from all the factors people look for in love and marriage: grounding, meaning, continuity. Partnerships are supposed to provide "a bulwark against the vicissitudes of modern life," Perel notes, and in one person we turn for all the emotional connections that the greater society (church, community, family) can no longer provide. Habit and certainty kill desire, yet how to live comfortably with the elements of unpredictability and risk that are necessary for healthy eroticism? Perel supports her nicely accessible work with case studies of couples both heterosexual and gay, spanning all ages, with kids and without, in an attempt to cure what ails their sex life. Some of the proposals Perel recommends for rekindling eroticism involve cultivating separateness (e.g., autonomy) in a relationship rather than closeness (entrapment); exploring dynamics of power and control (i.e., submission, spanking); and learning to surrender to a "sexual ruthlessness" that liberates us from shame and guilt. In short, Perel sanctions fantasy and play and offers the estranged modern couple a unique richness of experience. (*Sept.*)  
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Review

"Well argued points written with considerable eloquence."

From the Back Cover

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**From reader reviews:**

**Brian Faber:**

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